

3312 – Solving Upper and Lower Cross Syndromes

Advanced / Pool Workshop

Sanibel, FL / Friday, June 26, 2020 – 8:30-11:45 am – 3.0 credit hours

(Classroom: 8:30-10:00 am / Pool: 10:15-11:45 am)

Faculty: Maryanne Haggerty, MS

COURSE DESCRIPTION: This course will identify Upper and Lower Cross Syndromes and how they alter neuromuscular movement patterns. The focus will be on finding solutions for correcting these syndromes. Neuromusculoskeletal dysfunction can be inefficient and limiting to healthy body mechanics. The remedies here provide a useful and practical structure of functional and effective therapeutic exercise interventions. This foundation provides a framework for prevention of injuries and remodeling movement patterns for neuromuscular efficiency.

Examining the underlying cause of Upper and Lower Cross Syndromes enables preventive corrective exercise. The corrective exercise will emphasize postural alignment and efficiency in movement, enhancing daily functioning. This course will look for the signals before the symptoms to help correct the Upper and Lower Cross Syndromes. Determining the signs of these syndromes will allow the individual participants to determine the flexibility needed to unblock the neural pathways to efficient movement. Once unblocked, then activation of the correct muscular movement patterns will be addressed and practiced to integrate total body movement.

COURSE OBJECTIVES:

- 1) Identify Upper and Lower Cross Syndromes and examine causes and effect.
- 2) Determine the corrective flexibility needed to unblock the Upper and Lower Cross Syndromes.
- 3) Examine and activate the weak links with specific corrective exercise focused on correct alignment and movement.
- 4) Integrate new corrective movement patterns that need to be practiced with musculoskeletal efficiency.

FACULTY: Maryanne Haggerty, MS-ExPhys, educates individuals, groups, and corporations in health, wellness, and fitness. In addition to teaching several certifications and continuing education courses, she has developed many progressive functional exercises for stabilization and muscular strengthening. Her mission is to promote safe and effective exercise enabling individuals to be functionally stronger.